

Supplementary Information

Evaluations of Effects of Sleep Surfaces on Athletic Performance in Youth

Takashi Maruyama^{1, 2}

Shinichi Sato^{1, 3}

Mari Matsumura¹

Taisuke Ono¹

Masaki Nishida^{1, 4}

Seiji Nishino^{1*}

1. Stanford Sleep and Circadian Neurobiology Laboratory

Stanford University School of Medicine, Stanford, CA, 94304, USA

2. Department of Physiology, School of Medicine, University of Occupational and Environmental Health,
Kitakyushu, Fukuoka, 807-8555, Japan

3. Department of Neuropsychiatry, Akita University Graduate School of Medicine, Akita, Akita, 010-0825, Japan

4. Faculty of Sports Science, Waseda University, Tokorozawa, Saitama, 359-1192, Japan

*Correspondence to [nishino@stanford.edu]

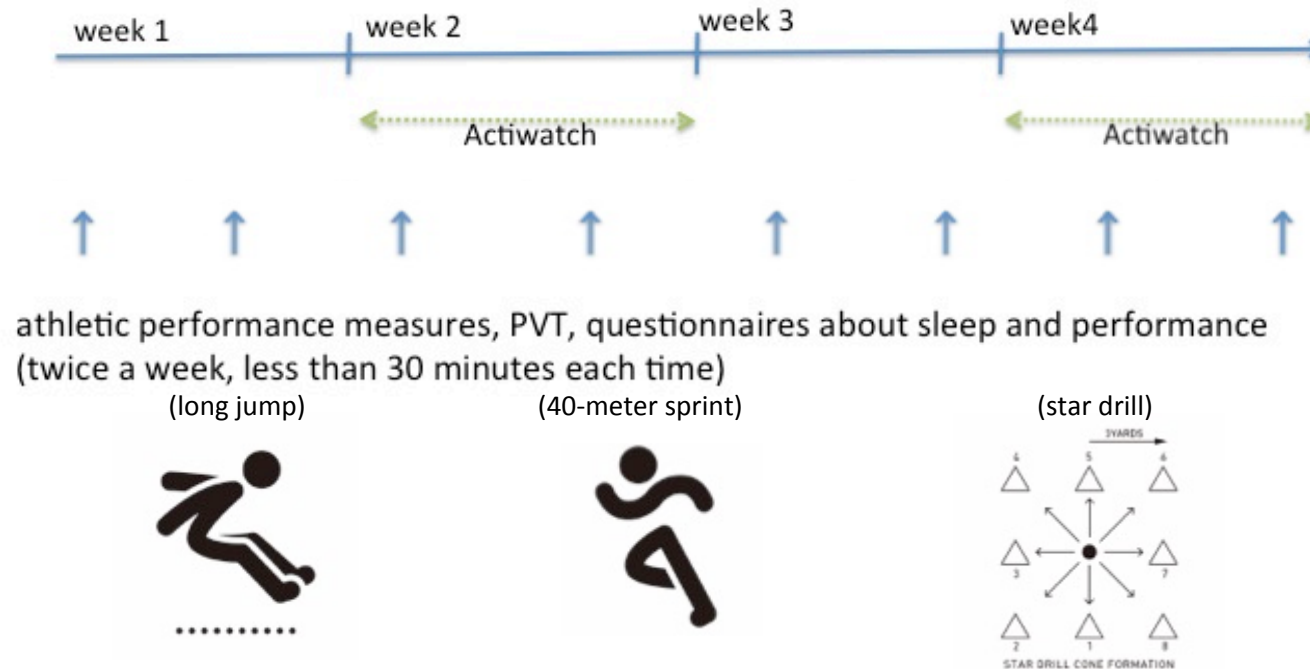
Supplemental
Figure 1

IMGA Study Evaluations 2013

Schedule of mattress use



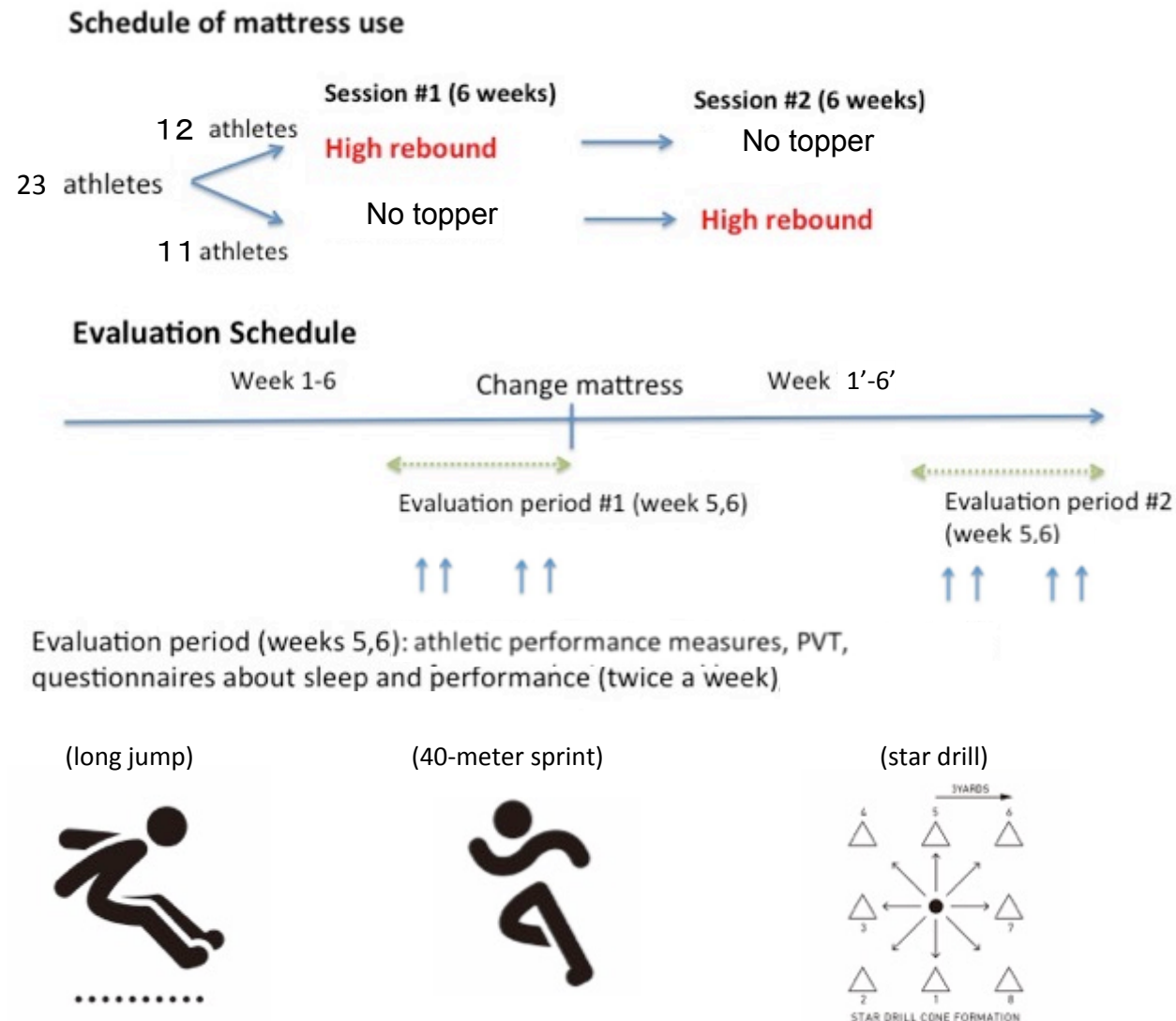
Evaluation Schedule (for both session #1 and #2)



Half of the participants will start by 4 weeks of using high rebound mattress toppers followed by 4 weeks with low rebound mattress toppers, while the order of the sessions was reversed for the other half. Sleep and athletic performance will be evaluated during these 8 weeks.

Supplemental
Figure 2

IMGA Study Evaluations 2014



- Half of the participants will start by 6 weeks of using high rebound mattress toppers followed by 6 weeks with no mattress toppers, while the order of the sessions was reversed for the other half. Sleep and athletic performance were evaluated in week 5, 6.